



Penne with Herbs, Tomatoes, and Peas

 Vegetarian

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups cherry tomatoes halved
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 6 garlic cloves thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese fresh shaved

- ☐ 1 cup peas green frozen thawed
- ☐ 8 ounces penne pasta uncooked

Equipment

- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Add peas during last 2 minutes of cooking.
- ☐ Drain.
- ☐ Heat a large nonstick skillet over medium-low heat.
- ☐ Add oil; swirl to coat.
- ☐ Add garlic; cook 4 minutes or until garlic begins to brown, stirring occasionally. Increase heat to medium-high.
- ☐ Add tomatoes to pan; cook 1 minute.
- ☐ Add pasta mixture, salt, and pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally. Stir in basil and parsley.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:69.33, Glycemic Load:18.95, Inflammation Score:-8, Nutrition Score:20.196086840137%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 385.71kcal (19.29%), Fat: 13.3g (20.46%), Saturated Fat: 2.68g (16.78%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 49.13g (17.87%), Sugar: 6.48g (7.2%), Cholesterol: 4.25mg (1.42%), Sodium: 411.08mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.11g (26.21%), Vitamin K: 76.38µg (72.75%), Selenium: 39.11µg (55.87%), Vitamin C: 45.73mg (55.43%), Manganese: 0.91mg (45.34%), Vitamin A: 1231.89IU (24.64%), Phosphorus: 230.92mg (23.09%), Fiber: 4.92g (19.68%), Copper: 0.34mg (17.05%), Vitamin E: 2.3mg (15.36%), Vitamin B6: 0.3mg (14.89%), Magnesium: 58.95mg (14.74%), Potassium: 506.65mg (14.48%), Iron: 2.48mg (13.78%), Folate: 54.81µg (13.7%), Vitamin B1: 0.2mg (13.5%), Calcium: 123.93mg (12.39%), Vitamin B3: 2.42mg (12.12%), Zinc: 1.68mg (11.2%), Vitamin B2: 0.14mg (8.05%), Vitamin B5: 0.5mg (4.99%), Vitamin B12: 0.08µg (1.25%)